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U. S. DEPARTMENT OF AGRICULTURE

INSTITUTIONAL FOOD SERVICE

Leafy, green, and yellow vegetables really come into their own in summertime, with Victory Gardens from coast to coast helping to swell the supply. Snap beans are abundant now in the east, various greens are abundant locally, and soon green peppers will be plentiful. Feature some of these daily:

Leafy: Lettuce, escarole, spinach, beet and turnip greens, swiss chard, parsley, watercress, mustard, collards, kale.

Green: Peas, broccoli, asparagus, green peppers, snap beans.

Yellow: Carrots, sweet potatoes, yellow squash.

How to buy and store: For maximum food value, select fresh, crisp, deep-colored vegetables free from blemishes and soft spots. If vegetables must be stored for a day or so, keep them in a cool, dark place. Ninety percent of their precious vitamin C will be retained when leafy, green vegetables are stored for 24 hours at 40° F., but 50 percent of that vitamin will be lost if they are left at room temperature for 24 hours.

How to prepare: Clean vegetables just before cooking. If vegetables cannot be used immediately after preparation, keep them in ice water or in the refrigerator. Wash leafy vegetables quickly, six or seven times, if necessary, without soaking. Lift them from the water to free the leaves from sand and foreign materials. Clean root vegetables with a stiff brush. Sort them for size before cooking to get the best results. Slice them lengthwise to help preserve food value.

How to handle cooked vegetables: Nothing is less appealing to the eye or to the appetite than water-logged, over-cooked vegetables. When cooking and serving vegetables, follow these rules:

1. Prepare vegetables just before they are cooked.
2. Cook quickly, in as little boiling, salted water as possible.
3. Use the steam-jacketed kettle for cooking leafy and green vegetables.
4. Don't add soda to the cooking water.
5. Cook until barely tender (additional cooking occurs on the steam table).
6. Plan the vegetable cooking so that freshly cooked vegetables can be served every 20 to 30 minutes.

An average serving of cooked carrots (3½ ounces) may provide sufficient vitamin A (carotene) to meet 3 days' requirements of this vitamin for the moderately active man. Turnip greens, swiss chard, and beet greens each provide more than 1 day's needs. Peas provide one-seventh and snap beans one-eighth of the vitamin A needs. Cooked turnip greens are also a good source of vitamin C, providing nearly one-third of the dairy requirement.

Serve more vegetables raw: Serve a raw vegetable bowl of several varieties of vegetables with a piquant French dressing. Add to the more usual salad vegetables some raw cauliflower, broccoli tops, strips of green pepper, slivers of turnips and carrots, or young tender spinach or chard leaves. Endive and escarole are good bases for salads instead of the commonly used lettuce.

Here are some ways to build good will: Place a bowl of crisp carrot strips and strips of green peppers on the sandwich counter and invite the customers to help themselves. Arrange small tossed green salads at the end of the cafeteria counter as a "special" and appetite tempter.

BEEET GREENS*

Ingredients	100 portions		500 portions	
	Measure	Weight	Measure	Weight
Young beet greens		50 pounds		250 pounds
Salt pork cubed and fried until crisp**		2 pounds		8 pounds
Onion, finely chopped		1 pound		4 pounds
Salt	4 ounces			1 pound
Average portion - 4 ounces cooked weight.				

Method:

1. Wash the beet greens thoroughly in several baths of cold water.
2. Pick over and trim the greens, taking off blemished leaves and coarse stems.
3. Plunge the greens into boiling salted water in steam kettle having just enough water to cook the wilted greens.
4. Cook rapidly until just tender, removing the greens immediately from the water.
5. Drain the greens thoroughly and toss with the diced fried pork, and the onion which has been cooked in the pork fat.

*Other young greens (spinach, dandelion, collard, turnip) may be prepared by the same general method.

**May use 1 pound bacon drippings in place of the salt pork for each 100 portions.

TOSSED GREEN SALAD

Ingredients	100 portions		500 portions	
	Measure	Weight	Measure	Weight
Leaf lettuce*		10 pounds		50 pounds
Spinach or other leafy greens.**		3 pounds		15 pounds
Shredded raw carrots		6 pounds		18 pounds
Slivered green peppers.		1 pound		5 pounds
Sliced fresh tomatoes		10 pounds		50 pounds
French dressing.	1 pint		2 $\frac{1}{2}$ quarts	
Size or portion - 4 ounces				

Method:

1. Clean the greens thoroughly, drain, and chill.
2. Prepare the vegetables and chill.
3. Cut the leaf lettuce coarsely, and cut the spinach leaves in pieces $\frac{1}{2}$ inch in diameter.
4. Toss the prepared vegetables together until well mixed.
5. Marinate with French Dressing just before serving.

*Curly endive may be used instead of all or part of the lettuce.
 **Any tender young greens, such as collard, dandelion, mustard, turnip greens, may be used instead of the spinach.

Paper Cup Economy Necessary. At the present time the entire production of hot drink paper cups is being channelled to the military, war plants and other essential users. Production is close to peak level and there has been little expansion in production facilities since the outbreak of the war. Consequently, manufacturers are unable currently to provide additional supplies of hot drink cups to meet increasing requirements.

The Industrial Feeding Program is being expanded to meet the food needs of more workers, and with this expansion inevitably arise additional demand for paper products to be used in those situations where it is practically impossible to use an alternate method of service.

The only possible way to provide additional supplies of hot drink cups to meet increased requirements of the military, and for new industrial feeding operations, is to require more ECONOMICAL USE OF HOT DRINK CUPS among present users in the following ways:

- a. Reduce inflated inventories.
- b. Require full use of all chinaware facilities.
- c. Adjust promptly diminishing consumption during slack season.
- d. Eliminate extravagant use of cups wherever possible.

On the other hand it is the intention of the War Production Board to provide adequate supplies of hot drink cups for all justifiable needs. All local W.P.B. Field Offices will make such adjustments by screening applications, but it is the responsibility of plant management to make certain that all applications for increased quotas are justified. Failure to do so will seriously hamper the war effort. These increased requirements must be met. Everyone wants to avoid further restrictive measures.

Fresh Food Supply. In the midwest, market supplies of most fresh fruits and vegetables will be liberal during the coming month, which should encourage the frequent use of these nutritious items. Larger crops than in 1943 are expected for watermelons, cantaloupes, peaches and apricots, and the good volume of these items already reaching markets is evidence of this fact. Use of these refreshing, health-giving summertime fruits and melons is encouraged while they are in plentiful supply. A good variety of other fruits can be obtained in the midwest, including new crop apples, sweet and sour cherries, grapes and plums. Adequate supplies of citrus fruits, including oranges, lemons, limes, and grapefruit, should continue to supply mealtime requirements as well as serving as the basis for beverages.

In the coming weeks, Irish potatoes, dry onions and tomatoes are expected to head the vegetable list from the standpoint of supplies. Also to be taken advantage of are those vegetables available fresh only in the summertime, or are more readily available at this time of year. These include green corn, fresh lima beans, cucumbers, endive, okra, green onions, radishes, and summer squash. Moderate supplies of dry onions, lettuce and green peas should be available throughout the region during this period.

Other plentiful foods during July include eggs, canned green and wax beans, dry mix and dehydrated soups, soya flour, grits and flakes, wheat, flour and bread, oatmeal, macaroni, spaghetti, and noodles.

In areas near the Great Lakes particularly, or near Midwestern rivers, fresh water fish will supply economical and non-rationed main courses for menus. Among the fresh water offerings expected to be plentiful are lake herring, trout, whitefish, yellow perch, yellow pike, blue pike, carp, and suckers. Salt water fish which will be shipped into the area in sizable quantities include halibut, salmon and cod, rosefish, and haddock fillets.

